

Name _____ Date _____

Healthy Choices Log

Directions: keep track of their lifestyle choices for one week on the chart below.

	Breakfast	Lunch	Dinner	Snacks	Physical Activity
Day One					
Day Two					
Day Three					
Day Four					
Day Five					
Day Six					
Day Seven					

1. My eating habits for the week show that I...

2. My physical exercise for the week shows that I...